



TOWN OF WARRENTON

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HEALTHY EATING ACTIVE LIFESTYLE (HEAL)

RESOLUTION

WHEREAS, the policies and practices of The Town of Warrenton have the ability to affect the health of its residents; and

WHEREAS, planning and constructing a built environment that encourages walking, biking, and other forms of physical activity can promote health; and

WHEREAS, high rates of costly chronic disease among both children and adults are correlated to environments with few or no options for healthy eating and active living, and access to healthy foods and opportunities for active living are affected by inequalities in income, education and residency; and

WHEREAS, more than half of Virginia's adults and one in three youth are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension and more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease; and

WHEREAS, obesity takes a tremendous toll on the health, productivity of all Virginians and cost – in medical bills, workers compensation and lost productivity – for overweight, obesity, and physical inactivity exceeds \$3 billion;

WHEREAS, supporting the health of residents and the local workforce would decrease chronic disease and health care costs and increase productivity; and

WHEREAS, the goals of Healthy Eating and Active Lifestyle are aligned with the vision of making the Town of Warrenton a healthy and active community ;

NOW, THEREFORE, LET IT BE RESOLVED that the Town of Warrenton Town Council hereby recognized that obesity is a serious public health threat to the health and wellbeing of adults, children and families in the Town of Warrenton and a commitment is needed to put healthy choices within reach of all residents. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the Town of Warrenton adopts this Healthy Eating Active Living resolution:

Physical Activity, Active Transportation, and Land Use

BE IT FURTHER RESOLVED that the Town of Warrenton planners, engineers, parks and recreation department, economic development personnel responsible for the design and construction of parks, neighborhoods, streets, and business areas should make every effort to:

- Update Comprehensive Plan to:
 - Include provisions in your comprehensive plan that promote bikeability and walkability
 - Include strategies that promote public safety/crime prevention through environmental design
 - Prioritize Transit-Oriented and Mixed-Use Development
 - Follow best practices in Active Design Guidelines to promote physical activity and health in design
- Design Streets/Roads to be safe for all users (motorists, bicycles, pedestrians, handicapped) using the following strategy(ies):
 - Adopt a Complete Streets Policy
 - Promote Slower Vehicular Traffic Through Traffic Calming Measures
 - Adopt a policy to paint bike lanes/shared use (“sharrows”) when re-paving/painting roads
 - Adopt a policy to stripe crosswalks when re-paving/painting roads
- Increase access to facilities using the following strategy(ies):
 - Establish Joint Use Agreements for existing facilities, such as: school playgrounds and pools
- Use Development Tools to:
 - Require developers to include usable space for physical activity and recreation or pay a fee
 - Institute a Complete Streets requirement for new development
- Involve the Community in determining your city/towns’ policy needs around physical activity, transportation, and land use using the following strategy(ies):
 - Create an Active Living Community Policy Council tasked with identifying recommendations for the municipality to follow

Access to Affordable Nutritious Foods

BE IT FURTHER RESOLVED that the Town of Warrenton planners, community economic personnel responsible for the design and of parks, neighborhoods, streets, and business areas, should make every effort to:

- Update Comprehensive Plan to:
 - Include provisions that address access to affordable, nutritious foods
- Create/Promote Farmers' Markets using the following strategy/strategies:
 - Establish a Memorandum of Understanding or Joint Use Agreement formalizing use of land for Farmers' Market
 - Encourage SNAP/EBT to be accepted at Farmers' Market
 - Develop a budget to match SNAP funds redeemed at Farmers' Market
 - Institute guidelines and/or zoning controls that allow Farmers' Markets
- Develop/Promote Community Gardens, Urban Agriculture, and/or Urban Farming using the following strategy (ies):
 - Develop a process by which vacant land becomes available for community gardens/urban agriculture
 - Designate public land for community garden/urban agriculture use
 - Provide public resources for community garden (i.e. town pays for water)
 - Adopt a Community Garden/Urban Agriculture Ordinance to promote and protect community gardens and urban agriculture
 - Adopt zoning ordinances that allow backyard poultry/animal husbandry
- Involve the Community in determining your city/towns' policy needs around accessible, affordable, nutritious foods using the following strategy/ies:
 - Create a Food Policy Council or Task Force tasked with identifying recommendations for the City/Town to follow
 - Conduct a community food assessment
 - Adopt a Food Charter
 - Create a Community Food System Plan

Municipal/County Workplace Wellness

BE IT FURTHER RESOLVED that in order to promote wellness within the Town of Warrenton, and to set an example for other businesses, the Town of Warrenton pledges to adopt and implement a workplace wellness policy that will:

- Make healthy foods available in the municipal workplace using the following strategy(ies):
 - Adopt nutrition standards aligned with the Dietary Guidelines for Americans in all municipally owned or operated venues that serve food, including special events*
 - Ensure that water is readily available in municipally owned buildings
 - Establish a healthy vending policy
- Encourage physical activity in the municipal workplace using the following strategy(ies):
 - Encourage stairwell usage through an open, unlocked stairwell policy
 - Establish physical activity breaks for meetings over two hours in length
 - Allow/encourage walking meetings
 - Allow/encourage standing meetings

- Reduce barriers to breastfeeding in the municipal workplace using the following strategy(ies):
 - Designate lactation space within each municipally owned/operated building for breastfeeding mothers

- Involve the municipal staff in determining your city/towns' policy needs around municipal workplace wellness using the following strategy/ies:
 - Convene a Workplace Wellness Committee

Implementation

BE IT FURTHER RESOLVED that the head of each affected agency or department should report back to the Town of Warrenton Town Council annually regarding steps taken to implement the Resolution, additional steps planned, and any desired actions that would need to be taken by the Council.


BE IT FURTHER RESOLVED that the Town of Warrenton Staff shall work with HEAL Cities & Towns Campaign Staff to explore HEAL policies and to identify those policies that are suitable for the Town of Warrenton Town Council's unique local circumstances.

BE IT FURTHER RESOLVED that Staff will report back to this Council with recommendations not later than **180** days from the date of this Resolution.

Adopted December 8, 2015

Voting for: Reynolds, Polster, Wood, Williams, Lubowsky, Kravetz

Voting against: None


 Evelyn J. Weimer, Town Recorder